



# BARNSTEAD BANNER

Good News from a Small Town



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Election Day - 3/11/25

Town Meeting - 3/15/25

School District Meeting -  
3/23/25

### LIBRARY HAPPENINGS

### COMMUNITY EVENTS

IF YOU WOULD LIKE TO SUBMIT  
AN EVENT OR CLASSIFIED FOR  
THE BARNSTEAD BANNER,  
PLEASE EMAIL  
DANIELLE@OSCARFOSS.ORG  
WITH THE DETAILS.

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BARNSTEAD-BANNER

## Barnstead Elections, Town Meeting & School District Meeting Your Civic Duty: Vote, Complain, Repeat


by Sam McKeen

Alright, Barnstead—it's that time again. Time to make decisions, cast votes, and then inevitably hear people complain about the results for the next year. Town Elections are happening on Tuesday, March 11th. We will be electing town officials and weighing in on proposed zoning changes. Not exactly edge-of-your-seat excitement, but hey, these decisions actually do affect our town—so maybe show up?

Then at the Town Meeting on Saturday, March 15th, we will tackle a stack of warrant articles covering thrilling topics like the town's operating budget, road maintenance, emergency vehicle replacements, and more. If you enjoy grumbling about taxes, snow removal, or arguing about whose road is in the worst shape, this is your opportunity to do something about it.

And just when you thought you were done, we've got one more for you—the School District Meeting will be on Saturday, March 22nd, where we will vote on the school budget. This one is kind of a big deal because, let's be real, a quality education is important and it also happens to be the largest portion of our tax bill.


So there you have it—three chances to have a say in how your town runs and how your taxes are used. Or, you know, you could skip it all and let everyone else decide for you. But then you would lose your right to complain, and where's the fun in that?



**CENTER BARNSTEAD  
CHRISTIAN CHURCH**

Worship Service - Sundays @ 10AM

[www.centerbarnsteadcc.org](http://www.centerbarnsteadcc.org)




**FISH TAILS**

OPEN DAILY  
6am - 6pm



1045 Beauty Hill Rd  
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## Barnstead Candidates 2025

### Town Candidates

Selectboard (3yrs)

Paula Penney  
Nancy Hart  
Andrew Sylvester  
Richard Therrien  
Doreen Wittenberg

Planning Board (3yrs)

Anthony Palimeri  
David Kerr  
Ed Tasker

Budget Committee (3yrs)

Linda Bramante  
Michelle Rosado

Town Clerk/Tax Collector (3yrs)

Jesse Fifeild

Library Trustee (3yrs)

Linda Nelson

Trustee of the Trust Funds (3yrs)

Denise Adjutant

Town Treasurer (3yrs)

Hilary Henry

Overseer of Public Welfare (1yr)

Elaine Swinford

### School Candidates

School Board (3yrs)

Jason Henry  
Eunice Landry  
Anne Watson

School Board (1yr)

Diane Beijer  
Doreen Wittenberg

School District Moderator (1yr)

John Savage

School District Clerk (1yr)

Timothy Eade

School District Treasurer (1yr)

Hilary Henry

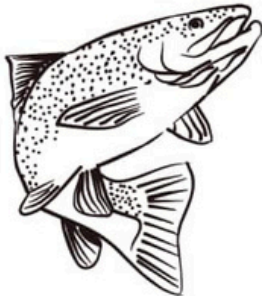




# 2025 KIDS ICE FISHING JAMBOREE

## MARCH 1ST 9am-Noon

LOCKE LAKE,  
VARNEY BEACH  
VARNEY RD & RANGEWAY RD



- Open for kids up to age 15
- Parent or guardian required
- Light refreshments available
- Chair recommended
- Free Raffle
- Fishing Lessons

**RSVP LINK ON FACEBOOK EVENT PAGE**

Join us for our annual ice fishing jamboree with ALL fishing equipment provided by a generous community partner!

We need volunteers!  
Please connect with us via  
Facebook or email:  
[barnsteadparks@gmail.com](mailto:barnsteadparks@gmail.com)



# FREE EVENT



**Barnstead Parks & Recreation**  
<https://www.facebook.com/barnsteadparks/>

## GAG ME WITH A SPOON OF COUGH SYRUP

by Kristina Schram

As I write this, everyone around me is either sick or has been sick this winter season. I am not, and have not been, sick. But it's coming, I just know it. It's like a giant weight hanging over my head, waiting to drop me like a bad habit. People all around me are coughing, sniffing, sneezing, blowing noses, clearing throats, and talking about throwing up with abandon (just talking about it, not actually throwing up with abandon, thank goodness). Voices are nasal and hoarse, eyes are red and watery, and there's just so much mucus. I am seriously considering purchasing a hazmat suit (for the low, low price of \$1694.69!).

While I await my suit's delivery, I'm washing my hands with sanitizer and spritzing the air with disinfectant spray, then walking into it, like it's a horrid perfume (PSA: I don't actually do this). I'm gargling mouthwash, using saline spray, and avoiding others as best I can. But it's like navigating a field of landmines, all waiting to blow like a snot-filled nose emptying its contents into a soggy handkerchief. And oh, the paranoia. At times like these, every little symptom triggers thoughts of pneumonia, followed closely by fears of a lingering death. A simple sniffle, and I'm convinced I've got the consumption. But then the symptom mysteriously disappears. I have to wonder: What happened? And how can I get myself to do it again?

I imagine you're like me in not wanting to get sick. It's just so messy, with fluids erupting from one's orifices like lava from little fleshy volcanoes. Not to mention at least one part of your body is going to feel like it's under attack. Nose rubbed raw, eardrums throbbing, joints like burning coals, gritty sand eyes, hair-too-heavy headaches, throat so sore you curse each swallow, mouth dry as Mars, energy more depleted than a 5-year-old battery, coughs and sneezes strong enough to crack a rib. Heck, even if it's a low-grade illness, it's still a struggle to get through the day, especially when the symptoms linger. You know, like bad gas. The frustrating thing is when you finally start feeling better, then a day later you feel worse than you did before. This relapse effect is something I've labeled Round 2, though this year people are going through Round 3s and even Round 4s. Not cool, viruses and bacterias. Not cool at all.

In the old days, folks would basically close the village to keep the sick out. But because I work at a library, that's not the done thing, apparently. So I'm considering erecting one of those biohazard tents around my workspace, add a few "Keep Out" signs and a dragon or two and I might just make it through this plague. So if you sneeze, cough, or sniffle around me, please don't be offended if I run away (or launch my dragons at you). Once I get my hazmat suit, I'll be happy to serve you. Or maybe I'll just get my dragons to do it.

**BARNSTEAD HISTORICAL SOCIETY****The Winter of 1816****Source: Jewett's History of Barnstead**

Submitted by Denise Adjutant

1816 - During this year, frosts now and then were found in the valley of the Suncook all summer. There was a snow storm in June. This year in cold and dearth was very much the same as 1769. There was no corn and but little hay, so in that winter cattle died and the inhabitants were covered deep in dearth and disappointments. The price of corn then was two dollars per bushel, hay thirty dollars per ton and every other needful thing was held in about the same proportion. The cheapest food was sought. A pint of beans with six quarts of water well boiled, was called "bean porridge." This was one of the best dishes of that day. Those who could afford it, however, sometimes added to it a small piece of beef, for in many instances their cattle had to be killed to prevent starvation. This year many a family went without bread for weeks in succession.

Copies of Jewett's History of Barnstead, New Hampshire are available for purchase through the Historical Society.

**Ice Harvesting - Age Old Tradition Submitted by Jeannie Terry**

In the days before refrigerators, people used to harvest frozen water from local ponds and lakes and store it in insulated ice boxes or ice houses to keep it from melting. This was crucial for preserving food and preventing spoilage. We don't often realize how essential ice harvesting was—today, it's almost a lost art. Ice harvesting took place at Perkins Pond, Suncook Lake, Half Moon Lake, many of the smaller ponds, and likely the river. First, the snow had to be scraped off the ice, which needed to be at least 8 to 12 inches thick to support the weight of the workers, sleds, and wagons used for transport. The ice was cut into chunks with saws and chisels. The season typically ran from November through March, as long as the ice remained solid. Winters were much longer and colder back then. At the ice house, the ice was stacked, piled, and covered with sawdust and hay to slow the melting process. The buildings were constructed with double walls of brick or stone to keep them extra cold. Townspeople could come by and purchase a chunk of ice to take home and place in their iceboxes, where it would last up to a week. I don't know the exact price of ice at the time. Many summer cottages still had old iceboxes and relied on buying ice to keep food cold. This practice began in the 1800s and continues today—only now, power tools make the process faster and easier.



Throughout New Hampshire, there are demonstrations of both traditional ice-cutting techniques and modern power-tool methods. Advertisements in local papers often announce these events. It's a fascinating experience and a great educational opportunity for children.

One of the ice houses was located where the Barnstead buses are now parked. A large farm once stood on that property, but it burned down in the 1950s. The Perry family lived there, and I remember Mrs. Perry telling me about families coming to buy ice.

So, the next time you grab a cold drink from your refrigerator or take a package of frozen vegetables from the freezer, think about how fortunate we are. We no longer have to go out to a pond, cut a chunk of ice, and make it last only a week. Even buying a bag of ice from the store is a simple convenience compared to the labor-intensive work of our forefathers, who toiled to give us the modern comforts we enjoy today.



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**BE THE CHURCH**  
*Protect the environment. Care for the poor.*  
**Forgive often. Reject racism.**  
**Fight for the powerless.**  
*Share earthy and spiritual resources.*  
 Embrace diversity. Love God. Enjoy this life.

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**CONGREGATIONAL CHURCH  
 OF NORTH BARNSTEAD - UCC**  
 504 N. Barnstead Rd. Center. Barnstead, NH  
 ——— [ccnorthbarnstead.com](http://ccnorthbarnstead.com) ———

**Worship with us in-person  
 or join on Zoom at 10am**

**BARNSTEAD PARADE  
 CONGREGATIONAL  
 CHURCH**

❖

**Worship Service 9:00 A.M.  
 Rev. Sandy Pierson—483-2846**



# March Library Happenings



**Good to Know Info:** We are Closed for Staff Training the 2nd Thursday of the month until 3:00PM (3/13). Election Day is Tuesday, Mar. 11. We will be closed 2 Saturdays in a row for voting at the Barnstead Town Meeting (3/15) and the Barnstead School Meeting (3/22). Both start at 9:00AM at BES.

**March is Women's History Month!** We will have a display of books about and/or written by amazing women for you to view and check out. Be sure to jot down a sentence or 2 about the women who inspire you!

**Peeps Diorama Contest:** From 3/1-3/19, enter your Peeps diorama based on a book. Entries = about the size of a shoebox, all characters made from Peeps, and limit 1 entry per person or family/team. Put your age (or "adult") and name on entries. Dioramas go on display for public voting 3/20-3/31, and prizes will be awarded 4/2.

**3/2-3/8 Read Across America Week:** Join us in celebrating Dr. Seuss' Birthday! We will have games, activities, and crafts to do all week during library hours.

**Fridays @ 10:30AM-12:00PM Home School Group:** Join us for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week.

**Wed. 3/5 @ 6:00-7:30PM Meet and Read (18+):** This month's book will be "Matrix" by Lauren Groff. Next month's book will be "Absolution" by Alice McDermott. Books are available at the library.

**Fri. 3/14 @ 12:00-8:00PM Pi Day:** To celebrate, we're holding a pie tasting contest. Bring in a pie to share and/or be judged. Please drop off your pie between 12:00 and 1:00. Entries need a name, contact info, and the type of pie. Our staff will be doing the judging, and if time allows, we will put the results into a pie chart. Ha, ha! We'll have a prize for the best pie and prizes for anyone who can recite a few pi digits.

**Fri. 3/14 @ 4:00-5:00PM DIY Fuggler Event:** Teens and Tweens come make your own monstrous ugly buddy. We will have all the materials, including teeth! Registration required.

**Tues. 3/18 @ 3:00PM Senior Social Club (65+):** Provides activities that foster community and relationship building. The club meets the third Tuesday of the month. Light refreshments will be served.

**Wed. 3/19 @ 12:30-3:30PM The OFML Sewcial Club:** This club meets the 3rd Wednesday of the month. Bring your sewing or quilting project, along with sewing machines and supplies.

**Fri. 3/21 @ 4:00-6:00PM Family Crafternoon:** A family-focused event that happens every 3rd Friday. Join us as we make a craft and watch a movie. Materials will be provided and light refreshments served.

**Fri. 3/21 @ 6:30-8:00PM Books & Banter (18+):** Come ready for a lively discussion of the last 3 books you have read/are reading. Give the group a brief synopsis of & thoughts on your book so we can discuss.

**Thurs. 3/27 @ 6:00-7:30PM The Tight-Knit Knitting and Crocheting Circle:** Knitters and crocheters come together to work on your projects, discuss any technical difficulties you're having, and support one another. The group meets the fourth Thursday of the month.

**Fri. 3/28 @ 6:00-7:30PM Let's Write a Novel (16+):** A series of structured classes on the how-to's of writing a book. Provides writers with inspiration, structural hints, and constructive feedback on your work.

**Sat. 3/29 @ 10:30AM-1:00PM Spring Swap Meet:** Bring gently-loved items to the library 3/10-3/21. For each item you drop off, you'll get tickets to use as "currency" to "buy" stuff. No items to swap? You can still join in. Buy tickets on swap day and dive into the treasure hunt. Bonus: The money goes to fund library programs!

**Sat. 3/29 @ 11:00AM-1:00PM Spring Seed Swap:** Bring seeds, get seeds, and help cultivate a greener future! A knowledgeable volunteer will be available to answer your gardening questions.

**For events that require registration, please contact us at 269-3900 or [ofmlstaff@gmail.com](mailto:ofmlstaff@gmail.com) to reserve your spot!**





**MARK YOUR CALENDARS FOR AUGUST 16, 2025—SHIREFEST IS BACK FOR ITS SECOND YEAR, AND IT'S GOING TO BE EVEN BIGGER AND BETTER! THIS YEAR, OSCAR FOSS MEMORIAL LIBRARY AND TL STORER RESERVATION ARE TEAMING UP WITH CHESLEY MEMORIAL LIBRARY AND EPSOM PUBLIC LIBRARY TO BRING YOU THE ULTIMATE SUMMER EVENT.**

**GET READY FOR:**

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- 🔥 **BLACKSMITH DEMONSTRATIONS**
- 🎣 **FISHING**
- 🎵 **BAGPIPES**
- 🛍️ **VENDOR MARKET**
- 🍔 **FOOD TRUCKS**
- 🎭 **LIVE ACTORS & GAMES**
- 🏆 **COSTUME CONTEST**
- ...AND SO MUCH MORE!**

**WANT TO GET INVOLVED?**

**📅 17 VOLUNTEER MEETING: JOIN US ON MARCH 27, 2025, AT 12 PM AT OSCAR FOSS MEMORIAL LIBRARY TO HELP MAKE SHIREFEST A SUCCESS!**

**VENDOR APPLICATIONS: INTERESTED IN HAVING A TABLE AT THE VENDOR MARKET? CONTACT CASSIE AT [CASSIE.OFML@GMAIL.COM](mailto:CASSIE.OFML@GMAIL.COM) FOR DETAILS. WE CAN'T WAIT TO CELEBRATE WITH YOU AT SHIREFEST 2025! 🎉**



## Spring's Flower

The snow has lost its gleam,  
That bright, cold, glittery, pearly white,  
Now reduced to an ugly brown-spattered sheen,  
As if the icy flowers from heaven and earth had  
a fight.

The sun blocked by clouds, shades of gray,  
The freezing temperature still holding its claim,  
The viewer may wonder if they'll see a bright  
spring day,  
Or the springtime flowers that give hope to  
spring's name.

But if the observant viewer were to notice,  
In an unassuming little corner,  
Hoping their eyes won't miss this,  
Peeking from a patch of brown amid the snow's  
frigid counter,

Is a small, bright green sprout,  
With white petals curling like a delicate fan,  
Leaping from winter's icy grasp, breaking out,  
Convincing the viewer that spring will come  
again.

~Written by Alivia McKeen



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goods

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# JEANNIE'S RECIPE CORNER

## HEARTY WINTER VEGETABLE SOUP

### Ingredients:

- 2 Tbsp extra-virgin olive oil
- 2 sweet Italian sausage links, cut into 1-inch rings (I remove the casing and crumble the meat)
- 1 small yellow onion, chopped
- 2 carrots, diced
- 1 celery stalk, diced
- 2 cloves garlic, chopped
- 1 tsp fresh thyme (or ½ tsp dried)
- 1 tsp dried oregano
- Pinch of crushed red pepper flakes
- Salt & pepper to taste
- 2 Yukon Gold potatoes, diced (I use Russet instead)
- 1 small sweet potato, peeled and diced
- 1 Tbsp tomato paste
- 3 to 4 cups chicken or vegetable stock (I use 4 bouillon cubes with 4 cups of water—adjust as needed)
- 1 (15-ounce) can diced Italian or fire-roasted tomatoes with their juices
- 1 cup frozen corn or mixed vegetables
- Splash of red wine vinegar, to taste (I usually skip this)
- Chopped fresh parsley for garnish

### Directions:

- In a large pot or Dutch oven, heat the olive oil over medium heat. Add the sausage, onion, carrots, celery, garlic, thyme, oregano, red pepper flakes, salt, and pepper. Cook, stirring occasionally, until the vegetables soften and the sausage is browned.
- Add the diced potatoes, sweet potato, and tomato paste. Cook, stirring often, until the tomato paste begins to brown on the bottom of the pot, about 2 minutes.
- Pour in the stock and tomatoes with their juices. Bring to a boil over medium-high heat.
- Lower the heat and let it simmer, partially covered, until the vegetables are fork-tender, about 20 minutes.
- If desired, add a splash of red wine vinegar to taste. Garnish with fresh parsley and serve with crusty bread or crackers.

### Serves 4 to 6.

This soup is easy to make for supper—I hope you enjoy it as much as I do. Yummy! March is a busy month, so stay healthy and happy, knowing that spring is just around the corner!

—Jeannie



## Community Events

**Community Conversations: Social Media, Isolation and Anxiety** 3/3 from 6PM - 8PM at T L Storer Reservation.

**Town Elections** are 3/11 from 7AM - 7PM at Barnstead Elementary School.

**BES PTO Meeting** 3/13 at 6:30PM at Barnstead Elementary School.

**Town Meeting** is 3/15 at 9AM at Barnstead Elementary School.

**Community Conversations: Thought Starters from "The Anxious Generation"** 3/17 from 6PM - 8PM at Oscar Foss Memorial Library.

**School District Meeting:** 3/22 at 9AM at Barnstead Elementary School.

**Board of Selectmen Meeting** will be Tuesday 3/25 beginning at 5:30 PM at the Barnstead Town Hall.

**Alcoholics Anonymous meetings** are held Tuesday evenings at 7 PM at the Center Barnstead Christian Church.

**JMA School Board Meeting** 3/18 at 6:00 PM at Prospect Mountain High School.

**BES School Board Meeting** 3/19 at 6:00 PM at Barnstead Elementary School.

### Are you a caregiver?

Do you spend time caring for a parent, spouse, or child who needs more than average support?

Are you part of the "sandwich generation," feeling pulled between multiple responsibilities?

Is a degenerative condition affecting your loved one?

Is it difficult for you to set aside time for yourself?

According to the State of NH DHS website, 44 million caregivers make up our informal social services system nationwide, and 85% of long-term care is provided by unpaid family caregivers. In New Hampshire alone, there are 168,000 family caregivers (New Futures), not including those who receive stipends, volunteer, are unrelated, or are paid.


Caregiving becomes a way of life for those with the will and skill. While caregivers can handle almost anything, they often neglect to take time for themselves.

There is rejuvenation in rest. Caregivers (and their care recipients) are invited to spend an afternoon with fellow caregivers. Stories will be shared, isolation and burdens eased, resources discovered, and connections made. There may be laughter and perhaps even tears—all caregivers are welcome at these social events.

### Upcoming Caregiver Events

 The Back Door Grill, Barnstead

 March 12, April 9, and June 11

 1:00-2:30 PM

No RSVP is needed. For questions, please contact Trudy Poire at [Trudy.poire@lrcs.org](mailto:Trudy.poire@lrcs.org) or 603-581-1553.